

Warfit Activity Tracker up and working

**BY STAFF SGT.
MARKUS M. MAIER**
377th Air Base Wing
Public Affairs

Kirtland AFB, has two new tools available in an effort to facilitate and motivate military members to adopt the new fit to fight mentality.

One of the new tools is the Warfit Activity Tracker, a Web-based record updated by military people who list their activities, dates of activities and amount of time spent in the exercise.

It will enable unit commanders and leadership to view the efforts of a single individual or of a complete unit.

The tracker also provides information on upcoming unit fitness scheduled training sessions.

Gen. John P. Jumper, Air Force Chief of Staff, has stated that "fit to fight" is not about passing a test but rather is about changing the Air Force culture to be prepared to deploy and fight.

He also notes that com-

manders, supervisors and front-line leaders must lead the way to that change in culture.

"The Warfit Activity Tracker is a tool that will aid leadership gain knowledge of their members' fitness activities and frequencies. It also helps the individual members monitor their own rates and types of activities year-round," said Gary Schancer, Health and Wellness Center exercise physiology specialist.

Mr. Schancer also added that Col. Hank Andrews, 377th Air Base Wing commander, has made the use of the Warfit Activity Tracker mandatory for all military personnel assigned to the wing.

To set up an account and begin using the tracker go to <https://fts.kirtland.af.mil/warfit/index.cfm> and follow the instructions.

The second tool is an AFMC fitness coin, which military members can earn by scoring high on their annual fitness test.

"To earn the coin, members must accomplish all

four parts of the fitness test with an overall score of 87.5 or higher and be non-smok-

ers," Mr. Schancer said.

The coins will be presented to those eligible by

their unit commanders during commander's calls.

Call 846-1186.

Women's History Month Self-Defense Demonstration

➤ **What:** Dr. Sean Ross, Close Quarters Combat instructor, will be teaching Self-Defense techniques.

➤ **Where:** Department of Energy parking lot south of Youth Center on G Avenue

➤ **When:** Today, 10:30-11 a.m. (Walking distance to the Fun Run/Walk location which follows the Self-Defense Demonstration)

➤ **Who:** Open to everyone

AFIT, AFRL establishing Kirtland Technology Park

Air Force Institute of Technology will present Kirtland AFB-offered graduate programs in systems engineering and other new initiatives March 17, at the Theater, 11a.m.-noon.

The presentation is to discuss AFIT's critical role in supporting the educational needs of the Air Force, as well as several exciting new programs.

The Air Force Research Laboratory will facilitate a partnership between AFIT and the University of New Mexico as part of a new initiative to establish the Kirtland Technology Park.

Scheduled to speak are Col. (Brig. Gen. select) David W. Eidsaune, AFIT commandant, and Mark K. Wilson, a member of the senior executive service and the director of AFIT's new Center for Systems Engineering. Also in attendance will be the dean of AFIT's Graduate School of Engineering and Management, Dr. Robert A. Calico Jr., also a member of the senior executive service.

AFIT is "the Air Force's graduate school," and annually awards masters and doctoral degrees not only to hundreds of Airmen, but also

to officers from the Army, Navy, Marines, allied nations, as well as DOD civilians and qualified U.S. citizens. All interested Air Force and DOD military, civilians and contractors are encouraged to attend.

After the presentations, Mr. Wilson, Lt. Col. James Lott, AFIT professor, and Casey DeRaad, Kirtland Technology Park representative, will be on hand to answer questions and provide further information.

Email casey.deraad@kirtland.af.mil.

Civilian General Schedule employee Salary Table 2004

Incorporating the 2.7 percent general schedule increase and a locality payment of 10.90 percent for the locality pay area of rest of U.S.
(total increase 3.90 percent) effective January 2004
Annual rates by grade and step

GRADE	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7	STEP 8	STEP 9	STEP 10
GS-1	\$ 17,328	\$ 17,906	\$ 18,483	\$ 19,056	\$ 19,633	\$ 19,972	\$ 20,540	\$ 21,114	\$ 21,138	\$ 21,673
GS-2	19,483	19,945	20,591	21,138	21,375	22,004	22,632	23,261	23,890	24,519
GS-3	21,257	21,966	22,675	23,383	24,092	24,801	25,509	26,218	26,927	27,635
GS-4	23,863	24,659	25,454	26,249	27,044	27,839	28,634	29,430	30,225	31,020
GS-5	26,699	27,590	28,480	29,371	30,261	31,152	32,042	32,933	33,823	34,714
GS-6	29,761	30,754	31,746	32,739	33,731	34,724	35,716	36,709	37,702	38,694
GS-7	33,071	34,174	35,276	36,379	37,481	38,583	39,686	40,788	41,890	42,993
GS-8	36,626	37,847	39,068	40,289	41,510	42,731	43,952	45,173	46,394	47,615
GS-9	40,454	41,803	43,151	44,500	45,848	47,197	48,545	49,894	51,242	52,591
GS-10	44,550	46,035	47,520	49,004	50,489	51,974	53,459	54,944	56,429	57,914
GS-11	48,947	50,578	52,210	53,841	55,472	57,104	58,735	60,366	61,998	63,629
GS-12	58,665	60,620	62,575	64,530	66,486	68,441	70,396	72,351	74,306	76,261
GS-13	69,762	72,087	74,413	76,738	79,064	81,390	83,715	86,041	88,366	90,692
GS-14	82,438	85,186	87,934	90,682	93,430	96,178	98,926	101,674	104,422	107,170
GS-15	96,970	100,203	103,435	106,668	109,901	113,134	116,366	119,599	122,832	126,064

Retroactive civilian pay raise processing ready to start

The Defense Finance and Accounting Service stands ready to begin processing the 2.1 percent retroactive pay increase for the federal civilian employees it serves.

President George W. Bush signed an Executive Order on March 3, identifying the new pay increase percentages. The timing for the Defense Finance and Accounting Service processing of these actions is contingent upon receipt of corrected personnel actions from the responsible personnel offices. The corrected actions will be processed into the pay system as soon as they are received.

Due to the number of General Schedule employees involved, Defense Finance and Accounting Service will process the retroactive portion of the increase for prior paydays over the course of at least two pay periods. The increase is retroactive to Jan. 11, for General Schedule employees.

To maintain quality control in processing the hundreds of thousands of pay actions related to this retroactive increase, agencies and major commands will be designated to a specific pay period for processing. Due to the relatively small size of some activity types, their processing will be com-

pleted during the first pay period. The large sizes of some agencies and major commands dictates their pay actions be processed over the course of two pay periods. Defense Finance and Accounting Service will publish a timetable for the payroll changes once processing is initiated.

For Federal Wage System employees, Defense Finance and Accounting Service anticipates effecting all of the retroactive increase during the pay period in which the personnel action is received and processed by the pay system.

The Defense Finance and Account-

ing Service is the world's largest finance and accounting operation. It provides responsive, professional finance and accounting services to the men and women who defend America.

In fiscal year 2003, the Defense Finance and Accounting Service paid about 5.9 million people, processed more than 12.3 million invoices from defense contractors, disbursed more than \$416 billion and managed more than \$197.4 billion in military trust funds.

For more about the Defense Finance and Accounting Service visit www.dfas.mil.

DOD establishes additional sexual assault hot line

WASHINGTON (AFPN)—DOD announced that an additional toll-free telephone number was established March 4 for people who want to contact or provide information to the DOD Task Force on Care for Victims of Sexual Assault. The number, 800-497-6261, is

staffed 7 a.m.-7 p.m. Mountain Time, weekdays.

Defense Secretary Donald H. Rumsfeld recently ordered a senior-level inquiry into the reported sexual assaults in Iraq and Kuwait, and how the armed services treat victims of sexual assault. Army and Air Force officials have opened

similar investigations.

David S.C. Chu, undersecretary of defense for personnel and readiness, said that the findings of the 90-day review are due by April 30.

"Every servicemember deserves to be treated with the utmost respect and dignity," Mr. Chu said. "Sexual assault

is criminal conduct and will not be tolerated in the Department of Defense."

Mr. Chu said he believes the information from the call center will help the task force and defense officials in developing policies and programs to improve assistance for victims of assaults and enhance efforts of prevention.